



Somers Senior Center
August 2021 Newsletter

19 Battle Street Somers CT 06071 PH: 860-763-4379

SUMMER
ENJOY EVERY MOMENT

Senior Center Staff

Jillian Connors	SC Supervisor
Florence Hurley	SC Coordinator
Melinda Burnham	Transportation Coordinator
Ed Hart	Driver
Richard Day	Driver
Donna LaVallee	Driver

Social Services Staff

619 Main Street Somers CT 06071	860-265-7551
Allison Maynard	Social Services Director
Christina Hurdle	Social Services Coordinator

Counseling Services Available

Somers Social Services, in partnership with Stafford Family Services, is offering FREE mental health services to youth ages 10+ through Adult. Counseling services are available to any Somers resident, regardless of insurance status, and will be provided by a licensed Social Worker. Daytime and evening hours are available. Please call Somers Social Services at (860) 265-7551 for more information.

Renters' Rebate

Now accepting applications for Renters' Rebate. If you are 65 and older and rent, you may be eligible for a rebate through the State of Connecticut. Contact Social Services for more information (860) 265-7551.

Get Out & Get Active this Summer

Summer is in full swing and we are busy here at the Somers Senior Center! There is an activity for everyone here, so come on down and try out some of our new and returning programs!

Be sure to register early for special events, lunches and upcoming travel because space is limited!

For information or registration please call
860-763-4379

YOU'RE INVITED
LIFE IS A PICNIC
Senior Cookout
2021!

Tuesday August 31 @ 12pm
Rain date September 1

Join the Somers Senior Center for lunch on the back patio or just sit back and enjoy live entertainment provided by **Still Pickin Band** www.StillPickinBand.com

Registration Required by 8/27

Meal Tickets are available to purchase for \$3 per person. Lunch includes hot dog, salad, chips, & a drink! (Salad compliments of Suffield by the River)



Health and Fitness

Qigong Join Ritch Ryan for movement & breathing to enhance health and wellness Provides a simple approach with the benefits of balance, strength, & flexibility	Monday & Wednesday 9:00 am	Outdoor Class (Indoor option for inclement weather) 45 minute class \$25 Month <i>Try your first class FREE</i>
Yoga Stretching Stretch while sitting or standing Provided by Somers Yoga & Wellness	Thursday 10:00 am	All Levels Welcome Sit or Stand \$25 Month ZOOM Option Available <i>Try your first class FREE</i>
Chair Aerobics Follow along to a classic chair fitness program	Tuesday & Friday 10:15 am	All levels welcome FREE
Seated Hand Weight Class 45 minute Guided Instruction With Lisa Build strength and endurance	Monday 12:00 pm	Bring your own light hand weights or bands All levels welcome \$25 Month ZOOM Option Available <i>Try your first class FREE</i>
Ping Pong by Appointment	Daily 9-12	1 hour timeslots available for 2-4 players
Wednesday Walkers NEW TIME	8:30-10:00am	Walk for a few minutes or a few hours Meet in the Senior Center Parking Lot/ Weather Permitting
<i>Classes are ongoing weekly</i> <i>Sessions Vary depending on Month</i>		Registration is Required for all Programs For more Info Call the Senior Center @ 860 763 4379 Or stop in to Register

PRE REGISTRATION IS REQUIRED FOR ALL CLASSES and EVENTS...

**SOMERS RESIDENTS CAN REGISTER STARTING 7/23/2021 and
NON RESIDENTS STARTING 7/26/2021**

ART GROUP All Mediums Welcome Bring Your Ideas	Wednesdays 11:45am Weekly		FREE BRING YOUR SUPPLIES
KNITTING PLUS CROCHET, CROSS STICH, QUILTERS ETC	Mondays 10-11:30am		FREE BRING YOUR IDEAS AND SUPPLIES
DOMINOES NEW AND EXPERIENCED PLAYERS WELCOME	Wednesdays 1:00-3:30pm		FREE Minimum numbers required to play
PICKLE BALL Field Road	Thursdays 9am Field Road Park		Spots are Limited Register Early
HIKE & BE HAPPY	Tuesdays 2:30 pm		Dates & Location noted on Calendar
COFFEE & CONVERSATION	Tuesdays & Fridays 9am		FREE Donations Welcome for Supplies
BINGO	Every other Thursday 12-3pm		Dates Listed on the monthly calendar.
Afternoon Corn hole Simple Bean Bag Game	Mondays 1:00pm		Weekly round robin play

ONGOING WEEKLY ACTIVITIES Registration is Required

Special Events

Home Helpers®



Lunch Sponsored by Home Helpers
Registration is Required as space is limited.

Stop in or call the Senior Center

Upcoming Dates

August 3, 2021 @ 12:00pm

September 7, 2021 @ 12:00pm

Home Helpers®

Senior Support Group is Back at the Senior Center

The First Tuesday of Every Month

At 1:00 pm

Limited to 15 Participants ~ Registration Required



This Meeting offers Home care tips, Senior Support, & end with a bit of Trivia Fun for questions or more info



Comfort Keepers®

Small Group Technology Assistance

with Audra from Comfort Keepers

Now being offered in person at the Senior Center.

Audra will be here to assist you with cell phones, tablets, laptops, email, zoom and any other device questions you may have.

Audra will be here monthly

Friday August 20, 2021 @ 11:00am

SIP AND PAINT WITH EMILY

Guided Painting fun for All!

Tuesday August 10, 2021 @ 1PM

\$15 Payable the day of to Emily Santanella
for supplies

Registration is required by August 6, 2021

Sample Painting to view @ Senior Center



THURSDAY

BINGO

Dates: August 5 & 19

Time : 12pm-3pm

Registration Is Required

Joseph Ouellette Presents...

History for Fun

Presenting "The Ghost Army of WWII"

The Ghost Army of WWII, based on a true story by Rick Beyer & Elizabeth Sayles.

Thursday August 26, 2021

Time: 1:00pm

Registration is Required!

Special Events



Occupational Therapy Program

August Group Class
Wednesdays from **10:00am-11:00am**

Registration Required for all
Dates

In Person or Telehealth
Group and/or Individual Sessions
Health & Wellness Activities
Physical & Mental Health
Activities
Medication Management
Stress & Relaxation Techniques
Educational Classes
And many more topics!

SENIOR CENTER MOVIE MATINEE

Date ~ THURSDAY August 12, 2021 @ 1:00pm

Location ~ Somers Senior Center

Showing ~ "Senior Moments"



Join us for Lunch Hosted by The Ivy

Emily Quinn will discuss housing and lifestyle options at the Ivy while you enjoy your lunch.

Tuesday August 17, 2021 @ 12pm

Registration is required by 8/10/21



Assisted Living Residential Community

We are happy to announce that we have been invited back to the Somers Senior Center to host our *Free Monthly Luncheon* August 26, 2021 @ 11:30am

Parkway Pavilion strives each day, to exceed our customers' expectations, while promoting our core values: Communication, Compassion, Dignity, Empathy, Integrity, Pride, Respect and Responsiveness.

TEAMWORK is paramount, and the health and happiness of our residents is our #1 priority

We have made great strides in *program development* and *clinical capabilities* to ensure successful outcomes for our patients and residents, strengthening our commitment to the Somers senior community.

Parkway Pavilion Luncheon will be held the 4th Thursday of each month at 11:30am.

We look forward to seeing everyone!

Registration is Required

PARKWAY PAVILION
HEALTH & REHABILITATION CENTER
A Wachusett Healthcare Facility

Newport & Narragansett Bay Railroad



Autumn Harvest Bistro Train

Ride & Dine on a vintage streamlined era passenger cars for a fun bistro lunch during the Autumn Harvest. Included in trip is time in Newport's scenic wharf!

Entrée choice in advance.

Wednesday October 20, 2021

Cost \$120 per person

Depart: 8am Somers Senior Center

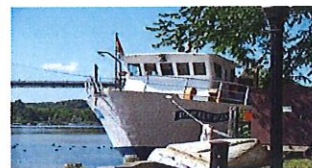
Return: 7pm(estimated)

Registration Begins August 2, 2021

HUDSON RIVER CRUISE &

BRUNCH AT SHADOWS ON THE HUDSON

Enjoy a narrated cruise with views of the Hudson River lighthouses, waterfront mansions, and other amazing sites along the water.



ADDITIONAL SEATS ARE NOW AVAILABLE!

Wednesday September 15, 2021

Cost: \$129 pp

Departs: 7:30am Somers Senior Center

Return: 7:00pm (Estimated)

Entrée choice in advance

SOMERS SENIOR CITIZENS' CLUB

DRIVE THRU LUNCHES

Pick Up at Somers Senior Center

Wednesday, August 18, 2021

Spaghetti & Meatballs – Zucchini

Wednesday, September 15, 2021

Pot Roast – Mashed Potatoes – Green Beans

Wednesday, October 20, 2021

Stuffed Chicken Breast – Rice – Peas

Sweet Treat with Each Meal!

Pick Up Time: 11:30 a.m. – 12:30 p.m.

Cost: \$5.00 Each To Be Paid at Pick Up

****ORDER IN ADVANCE REQUIRED****

Call Beverly Guimond To Order

NEW: Must Order By Noon Monday Prior to Lunch

860-749-9943

=> Please Pay 2021 Annual Dues \$2.00 <=

SOMERS CULTURAL COMMISSION

600 MAIN STREET SOMERS, CONNECTICUT

Questions? Call Ann Levesque at

860-749-2630

[www.somersct.gov/boards-and-commissions/
cultural-commission](http://www.somersct.gov/boards-and-commissions/cultural-commission)

SUMMER CONCERT SERIES

Thursday Evenings 6-8 PM (Rain Date on Friday)

August 5 ~ The Boogie Boys Swing & Country

Fall Concert Series

Saturdays 1-3pm (Rain date Sunday)

Sept. 4 Freddie Marion & Dan Kane

Sept. 11 Big Deal Band

Sept. 18 Truck Stop Troubadours

Sept. 25 Decades— Dance Band

Oct. 2 Tribute to Elvis w/ A-Ray of Elvis

Oct. 9 Acoustic Rick

2. MONDAY	3. TUESDAY	4. WEDNESDAY	5. THURSDAY	6. FRIDAY
9:00 Outdoor Qigong 10:00 Knitting 12:00 Hand Weights 1:00 Corn hole	9:00 Coffee Talk 10:15 Chair Aerobics 12:00 Home Helpers Lunch 1:00 Home Helpers Support Group	9:00 Outdoor Qigong 8:30 Wednesday Walkers 10:00 Bay Path 11:45 Art Group 1:00 Dominoes	9:00 Pickle Ball 10:00 Yoga Stretch 12:00 Bingo 6:00 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics
				
9. MONDAY	10. TUESDAY	11. WEDNESDAY	12. THURSDAY	13. FRIDAY
9:00 Outdoor Qigong 10:00 Knitting 12:00 Hand Weights 1:00 Corn hole	9:00 Coffee Talk 10:15 Chair Aerobics 1:00 Painting with Emily 2:30 Hike & Be Happy NO ADVISORY MTG.	9:00 Outdoor Qigong 8:30 Wednesday Walkers 10:00 Bay Path 11:45 Art Group 1:00 Dominoes	8:30 Footcare 9:00 Pickle Ball 10:00 Yoga Stretch 1:00 Movie Matinee "Senior Moments" with William Shatner & Jean Smart 6:00 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics
				
16. MONDAY	17. TUESDAY	18. WEDNESDAY	19. THURSDAY	20. FRIDAY
9:00 Outdoor Qigong 10:00 Knitting 12:00 Hand Weights 1:00 Corn hole	9:00 Coffee Talk 10:15 Chair Aerobics 12:00 Lunch with Emily Quinn from the Ivy	9:00 Outdoor Qigong 8:30 Wednesday Walkers 10:00 Bay Path 11:45 Art Group 12:00 Grab & Go Lunch By Senior Citizens' Club 1:00 Dominoes	9:00 Pickle Ball 10:00 Yoga Stretch 12:00 Bingo 6:00 Bridge	9:00 Coffee Talk 10:15 Chair Aerobics 11:00 Tech Support with Audra
23. MONDAY	24. TUESDAY	25. WEDNESDAY	26. THURSDAY	27. FRIDAY
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30. MONDAY	31. TUESDAY			
9:00 Outdoor Qigong 10:00 Knitting 12:00 Hand Weights 1:00 Corn hole	9:00 Coffee Talk 10:15 Chair Aerobics 12:00 Life's a Picnic (See newsletter for details)	<div>  </div> <div> <p>REGISTRATION IS REQUIRED FOR ALL EVENTS!</p> <p><i>Mobil Food Share Wednesday 1:00-1:30pm</i> <i>August 4th, and 18th at Somers Congregation Church</i> <i>Champ's Place Monday's 10:00am to 12:00</i></p> </div>		
				

Somers Senior Center

19 Battle Street

Somers CT 06071



SOMERS DIAL A RIDE UPDATE

Please remember to schedule your transportation 7 days in advance when possible.

For More Information on scheduling or becoming a registered rider please call the

Senior Center 860 763 4379 or email mburnham@somersct.gov

MEALS ON WHEELS

If you or someone you know is homebound and unable to grocery shop or prepare meals, they may be eligible for Meals on Wheels. This program is available to residents of Somers who are considered homebound.

We are in need of volunteers to deliver Meals on Wheels. If you or someone you know is willing to donate your/time to this important program please contact Somers Social Services.



For more info on home meal delivery or volunteering please contact

Christina for more information 860 265 7551